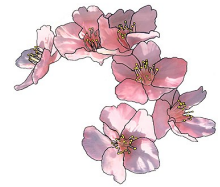


# Silver Banner

## Spring 2013



Issue 79

Editor: Kelly Pizzi

### ***Mission Statement:***

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hilltown communities of Becket, Washington and Dalton

Reporter: Margaret Cahill

Edited by: Rebecca Abbott  
& Sarah Fontaine

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## **Dalton Nonagenarians Honored at Birthday Party**

The Town of Dalton is most definitely the place to live as evidenced by the longevity of its residents. Forty two of the 126 Dalton's residents turning 90 this year and those up to 99 years of age were able to attend the Birthday Party hosted by the Dalton Council on Aging. Guests were able to visit and break bread with friends; some they have known for nearly a century! Guests were treated to a



George Kardesan

wonderful meal prepared for them and Chef Jerry Byers of Williams College accompanied by his wife, Sonja. Together they prepared a delicious menu, which included a Greek salad, made from scratch Chicken and Dumplings, and a honey acorn squash. The meal was prepared in our own kitchen! The meal was completed with a Birthday Cake

prepared by the Williams College bake shop. The entire meal and staff were donated by Williams College! Guests were entertained by the second grade class from St. Agnes Academy who sang "Happy Birthday" as well as other select songs. Students were accompanied by Jim Stankiewicz, who weathered the walking conditions from the prior night's storm. Birthday guests were adorned



Theresa Dudak & Mary Bartlett

with a pink or yellow rose boutonniere or corsage donated by Craneville Place.



Chef Jerry greets  
Odessa Doust who turns  
100 this September

**VOTE on APRIL 30**  
**7am - 8pm**

**THE TOWN ELECTION & THE STATE PRIMARY HAVE BEEN  
COMBINED IN ONE ELECTION**

**Dalton CRA 400 Main Street**

## VOLUNTEER HIGHLIGHT: HELGA KNAPPE

### MEET AN EXCEPTIONAL VOLUNTEER



On Tuesday afternoons at the Dalton Senior Center, Helga Knappe gathers with a dozen or more people to create useful

items out of yarn. Each works on her own project—a baby sweater, a hat, fingerless gloves or a scarf—and together they find knitting with others offers an opportunity for socializing and good fun.

Helga first learned to knit at six years old, 80 years ago, in a home economics class in Germany. Due to her skill and knowledge, Helga is viewed as the leader of this group. Helga has considerable expertise to share, and participants appreciate her willingness to work with beginners.

Preferring her continental style of knitting to throwing like an American, she says, “I find it more efficient”. Whether you control the yarn by using your right or left hand, Helga can increase your competency as a knitter.

Recent joiners, Marcia and Beverly, acknowledged, “Helga helped us get started. She showed us the basics and explained how to read a pattern.” Marcia held up the sock she would soon finish.

Helga may be the point person for this activity but each person present contributes to an environment conducive to sharing talents and stories. The women mentioned that they enjoy the companionship as much as

their finished article. “I love spending time with this group each week,” one woman said, and the others nodded in agreement.

On Fridays, Helga staffs the reception desk at the Senior Center and greets visitors, answers the phone, fields questions, or tracks down the person for a caller. Volunteering is nothing new for Helga. Long before she retired (something she did twice), Helga worked in a variety of community programs including Meals on Wheels, Council on Aging, and Elder Services. As a member of the Elder Services Ombudsman Program, Helga advocated for residents in nursing homes to improve their care and quality of life. In recent years she has served as a board member for Elder Services.

In the early 1990s when Massachusetts implemented programs to educate seniors about scams, Helga took part in the meetings. Known as the Triad concept, this national program aims to foster community partnerships, reduce criminal activity targeted at seniors, and enhance the delivery of law enforcement and public safety services for senior citizens.

Helga trained as a nurse in Germany and, after moving to MA in the 1950s, she took certification courses to practice in the USA. After 26 years, Helga retired from General Electric and not long after that she returned to work as a nurse in area facilities for the next 20 years.

No slacker, Helga announced her plans for her next life---“I want to be a race car driver.” Friends and fellow knitters know Helga enjoys a good joke and often tells one. They know that this race car driver dream is no joke. Most likely Helga will be found on the open road because driving in circles or ovals does not fit this adventurous spirit.

Article submitted by: Margaret Cahill

## Food for Thought

### **We Get More Trusting as We Age: 80 Percent of Scam Victims are Senior Citizens**

**The anterior insula of the brain - associated with “gut feelings” - is more active in younger people at the sight of an untrustworthy face by Meghan Mott, Ph.D, National Institutes of Health**

Jan. 28, 2013 - Older adults are more likely than younger ones to perceive dishonest faces as trustworthy, according to a new study of social judgments and brain activity. The findings may help explain why older people are more likely to fall victim to fraud. Up to 80% of scam victims are over 65, according to the U.S. Federal Trade Commission (FTC). Some experts suspect that older people are more vulnerable to fraud because they are more trusting than younger adults. But it hadn't been clear whether the differences might have a biological basis. A team led by Dr. Shelley Taylor at the University of California, Los Angeles, set out to explore whether older adults perceive facial cues related to trustworthiness differently from younger adults. The researchers showed photographs of faces selected to look trustworthy, neutral or untrustworthy to a group of 119 older adults (ages 55 to 84) and 24 younger adults (ages 20 to 42).

Signs of untrustworthiness included averted eyes, insincere smiles and a backward tilt of the head. The participants were asked to rate each face based on how trustworthy or approachable it seemed.

A smaller group of participants performed the same task while the scientists used functional MRI to look at changes in brain activity. The

study was funded by NIH's National Institute on Aging (NIA) and appeared online on Dec. 3, 2012, in the Proceedings of the National Academies of Sciences.

Neutral faces and faces high in trust cues were rated similarly by both groups. However, the older adults were significantly more likely than the younger ones to rate untrustworthy faces as trustworthy.

“Most of the older adults showed this effect,” Taylor says. “They missed facial cues that are pretty easily distinguished.”

The functional MRI scans revealed significant differences in brain activity between the age groups. An area known as the anterior insula, which is associated with “gut feelings,” became more active in the younger subjects at the sight of an untrustworthy face. Older subjects, however, showed little to no activation in this area. “The older adults do not have as strong an anterior insula early-warning signal; their brains are not saying ‘be wary,’ as the brains of the younger adults are,” Taylor says.

Future research is needed to determine whether this is because older adults are paying less attention to important social signals or whether their brains are somehow unable to process those signals.

Misplaced trust can have severe consequences for older adults, especially when it comes to financial fraud. “Older adults seem to be particularly vulnerable to interpersonal solicitations, and their reduced sensitivity to cues related to trust may partially underlie this vulnerability,” Taylor says.

**Would you like to get the Silver Banner electronically? Call 684-2000 with your email address to be added to the list.**

## SENIOR CENTER EVENTS

**GOOD NEWS FOR THE MOVIE LOVER!**

### **MOVIE NIGHT IS NOW IN HIGH DEFINITION & now twice a month!**

Join us in the Café (no echo) for new releases on the second Thursday of each month, and a classic film on the fourth Thursday of each month!

**Popcorn is on us!**

**April 11: ARGO**

**April 25: MOBY DICK**

**May 9: LIFE OF PI**

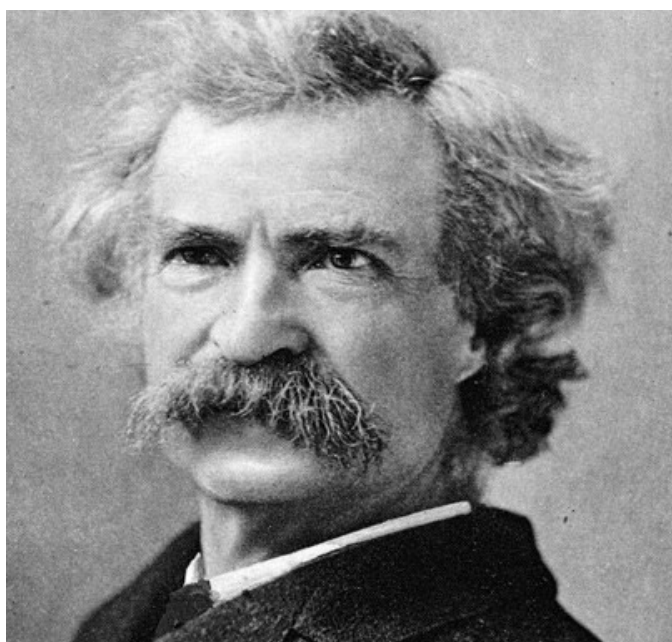
**May 23: GRAPES OF WRATH**

**June 13: THE GUILT TRIP**

**June 27: A PLACE IN THE SUN**

**SIGN UP AT THE RECEPTION DESK  
OR CALL 684-2000. It is important to  
sign up so we have an accurate count  
(just in case there is a special treat!)**

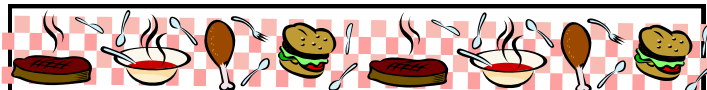
**\$2 PURPLE COUPON APPLIES.**



**RICHARD CLARK  
PRESENTS:  
“AND NOW, MARK TWAIN”  
MAY 30 4:30 PM**

**Space is limited, reserve your seat today  
684-2000**

**This event is free, thanks to a grant  
awarded by the Cultural Council**



**Don't need another gift to sit on a shelf for  
your birthday or Mothers Day? Don't need  
another tie for Fathers Day?**

**Let family and friends know that you could  
really use a coupon book (or two!)**

**Let them know you can use them to  
participate in games, movies, classes or  
even lunch at the Dalton Senior Center!**

**Green Soup & Sandwich Coupons \$4.00  
each**

**Purple Program Coupons \$2.00 each or a  
book of eleven, \$20.00!**

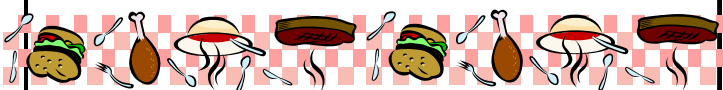
**Tuesday, Wednesday & Fridays**

### **Soup & Sandwich**

**12-1:00 PM**

**24-hour signup required**

**Cost: \$4.00 green coupon**



## Anyone Can Make a Smart \$2.00 Investment

Buying Apple stock for \$2.00 a share and selling it for \$600.00 brought a few smart people an astonishing return. Similarly, seniors regularly realize tremendous gains on a \$2.00 investment at the Dalton Senior Center.

This modest activity fee helps support a beautiful facility located at 40 Field Street Extension, and is a ticket to much more than a game. Whether you choose Mah Jongg, Bridge or Pitch, you'll enjoy a respite from your routine, mental stimulation, companionship, laughter and entertainment. All are known ingredients for maintaining good health.

Mary LaGrotteria organized bridge games at the CRA before the current building was completed. Later she introduced Mah Jongg, which originated in China and is commonly played by four players with a set of tiles based on Chinese symbols. New cards are issued yearly identifying the combinations for the current year.

Pitch, a trick-taking card game, is a more recent option, thanks to Bernie Levesque, who has taught several new players. These games of strategy challenge and amuse men and women each week at the Dalton Senior Center. Warning: this is a rowdy bunch whose laughter is infectious.

Bridge takes place 1-4pm on Thursdays with 12 or more experienced players. Bridge is not a beginner group.

Mah Jongg 1-3pm on Wednesdays and Pitch on Friday mornings 9:30-11:30am require no prior experience. Players of Mah Jongg and Pitch willingly teach someone who shows up for the first time. We hope to soon add Scrabble on Wednesday afternoons too!

Claim a big return on a small investment. The risk is minimal, the benefits immeasurable. Come to the Dalton Senior Center for Bridge, Mah Jongg, or Pitch.

Submitted by: Margaret Cahill

### VETERAN'S AGENT

OFFICE HOURS AT THE DALTON SENIOR  
CENTER

**Thursdays 4:30-7:-00**

### In The Works!

Lunch with Devonshire Estates  
May 3rd

Volunteer Dinner  
May 24th

Watch for Details!

### HOLIDAYS OBSERVED BY THE COUNCIL ON AGING:

**APRIL 15: PATRIOTS DAY -  
CENTER CLOSED - NO VAN**

**MAY 27: MEMORIAL DAY -  
CENTER CLOSED - NO VAN**

Did you know?

The "The Silver Banner" is available  
online?

go to **<http://dalton-ma.gov>** and click  
the Senior Center link.

Thanks to Louise Frankenberg, it is available nearly 2  
weeks before you receive it in the mail!



## Hilltown Updates:

### Becket:

Joan is sending well-wishes from Florida and will return early in May.

### Washington:

Potluck dinner at the Town Hall followed by a movie on the 3rd Friday of the month at 5:30PM.

We still need board members to keep things going and offer more activities.

Board members meet once a month to share ideas and plan activities. Contact:

WashingtonCOA@gmail.com



**From The Desk of  
Paul Mark  
State  
Representative**

Spring is a time for renewal and growth, a time when the days get longer, the temperature gets warmer, and we begin looking forward to outdoor activities and summer. In Massachusetts, spring is also the time when our state budget is drafted, debated, voted on by the Legislature, and signed into law by the Governor.

This spring will feature an especially busy budget season at the State House. The Governor began the budget process by making his suggestions for revenue and spending levels this past January. Proposals to increase funding for education, higher education, transportation, and several other areas are now being scrutinized by the House Committee on Ways and Means. Committee hearings are being held throughout the state to allow the public to weigh in on the proposals and to allow department heads to justify their needs and explain their plans.

One area where the Governor's plan falls short can be found in budget line items for El-

der Services. Every department in state government has been subjected to cuts over the past few years as we have weathered the economic downturn. But the cuts to senior services have been especially devastating. Home care waiting lists have increased, protective services have been cut, and the important Meals on Wheels program has been forced to do more with less funding. I have seen first hand the important work done by Elder Services and the wonderful programs offered at our senior centers. I feel we have a duty to repay our senior citizens who have given so much and worked so hard all their lives. By investing in home care services, meals on wheels, and Enhanced Community Options Programs, we are saving money in the long run and allowing individuals to remain in their homes and maintain their independence longer. As we continue to debate the state budget over the coming months, I will be working with my Berkshire colleagues to support Elder Services and our Councils on Aging.

This is the time to let your state legislators know your thoughts on the state budget. I hold office hours every Tuesday from 9am to 4pm at the Dalton Town Hall in the Callahan Room. I also visit the Dalton Senior Center on the third Tuesday of every month from 1 to 4pm for office hours. Please stop in any time and let me know how you feel about the state budget or any other matter happening in state government. We are happy to listen to your concerns, get you an answer to your questions, or point you in the right direction. Thank you to Kelly at the Dalton Senior Center for the opportunity to submit this piece and for the wonderful job the staff is doing every day. Have a happy and healthy spring, everybody!

Paul W. Mark

2<sup>nd</sup> Berkshire District

(413) 464-5635

P.O. Box 114 Dalton, MA 01226

or email at: [www.representativemark.com](http://www.representativemark.com)

# JUMBLE®

Unscramble these Jumbles, one letter to each square, to form ordinary words.

LAWRD  
 [ ] [ ] [ ] [ ] [ ] [ ]

RIGAN  
 [ ] [ ] [ ] [ ] [ ] [ ]

ROYLOP  
 [ ] [ ] [ ] [ ] [ ] [ ]

WHYROT  
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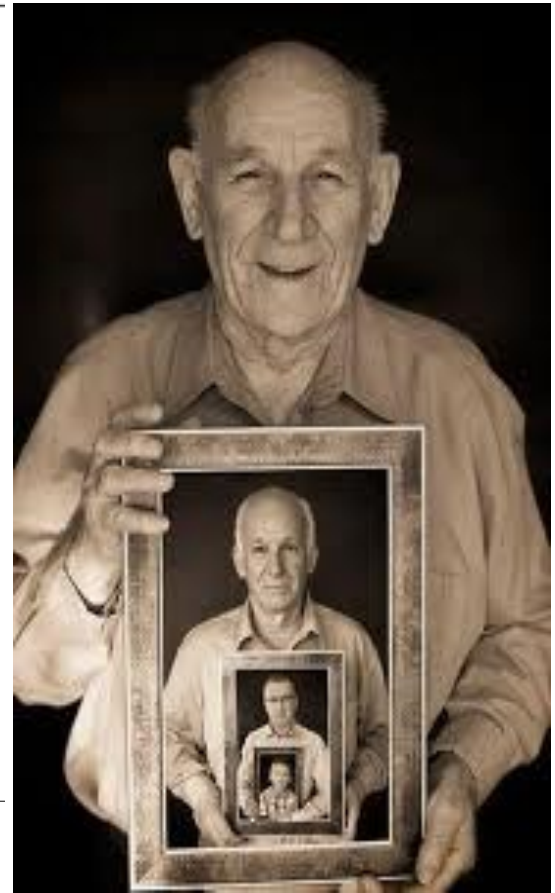
[ ] [ ] [ ] [ ] [ ] [ ]

By Mike Argirion  
and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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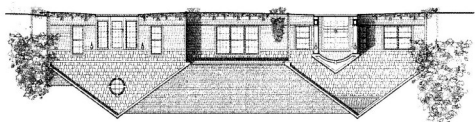
A group of women were in the café reminiscing about dancing at the Bridgeway in Cherry Plain, NY, when they were younger. One of the women recounted: After dancing for a while, my husband went out into the hallway where they sold snacks, to get me a candy bar. He returned with this little tiny square of chocolate called a 'Chunky' bar. I looked at the piece of candy, then at him shocked, and said: "You paid 5 cents for this?!!!"

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www.achillesportfolio.com



The Dalton Senior Center is a proud participant in TRIAD. Triad is a community collaboration with local law enforcement including Dalton & Hinsdale PD, Dalton Fire, Berkshire County Sheriff's Office, Berkshire District Attorney's Office. We meet the third Wednesday of every month at 1 pm here at the center.



**Board of Directors**  
*Kelly Pizzi, Dalton*  
*Marcia Brophy, Dalton*  
*Helga Knapp, Dalton*  
*Sonny Nelson, Becket*  
*Joan Moylan, Becket*  
*Rose Borgnis, Washington*

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 COUNCILS ON AGING, INC.

40 Field Street Extension  
 Dalton MA 01226  
 Phone: 413-684-2000  
 Fax: 413-684-0167

### **PROGRAMS & EVENTS at the DALTON COA:**

(NOTE: non-lunch programs require a \$2 purple ticket; some programs also have an additional instructor fee. Monday and Thursday lunches have a suggested \$2 donation payable to Elder Services, while Soup and Sandwich lunches need a \$4 green ticket.

**LUNCHES:** Mondays and Thursdays at noon. Make your reservation at least 24 hours ahead, call 684-2000, Donation.  
 Soup & Sandwich, Tuesdays, Wednesdays & Fridays \$4.00

**OSTEO-EXERCISE:** Tuesdays and Thursdays 10-11:30; Tuesdays 12:30-2 1 (no afternoon class the first Tuesday of each month).

**FOOT CLINICS:** Fourth Friday 9-3 by appointment.  
 Call 684-2000 FEE: \$25

**BLOOD PRESSURE CLINIC:** 4th Tuesday 11:30 - 1:00 FREE

**PITCH:** Fridays 9:30-11:30 Recruiting new and seasoned players!

**BRIDGE:** 1-4 Thursdays.

**PAINTING CLASSES:** Oil: Tuesdays, 12:30-3 Instructor Fee: \$15  
 Acrylic: 1-3 Mondays. Fee \$10

**MAH JONGG-** Wednesdays 1-3.

**KNITTING/CROCHETING** Tuesdays 1-3

**QUILTING** Thursdays 10:30-3

**MOVIE** 2nd Thursday-New Release, 4th Thursday, Classic 6-8 pm

**TAI CHI** Thursdays 1:30, sliding instructor fee: \$5-\$8

**SHAKE YOUR SOUL** Wednesdays 10-11 Instructor Fee: \$3

**COMPUTER CLASSES**-Dates & times vary. Call for more information

## **HEALTHY AGING SERIES BEGINS APRIL 3RD**

**STARTING APRIL 3 - MAY 9**

**SHELBY ZAWISTOWSKI, PERSONAL TRAINER AND PHYSICAL THERAPIST ASSISTANT, WILL BE LEADING THE GROUP THROUGH BALANCE & BRAIN EXERCISE, HELPFUL LIVING TIPS, GAMES THAT KEEP THE MIND SHARP AND ENDING WITH STORIES FROM YESTERYEAR.**

**MEETS THURSDAY 4:30 TO 5:30**

**PRE-REGISTER**

**\$10 (INCLUDES COUPON FEE)**

**Note: You do not need to attend every session!**

### **Council on Aging Events off Site:**

**"Veteran of the Week":**, from the Veteran's History Project shown Saturdays on Chanel 16 of Time Warner Cable.

**Life Program:** (Living is For the Elderly) is held at Craneville Place. 4/8, 4/22, 5/6, 5/20, 6/3, 6/17

**Lunch Bunch:** Please see bulletin board for updates

**BRIDGES: Nessacus and St. Agnes Academy:**  
 Intergenerational Education Program